

Resources on Nutrition

The new law states the following:

IC12-17.2-3.5-5 Nutrition

(f) Beginning July 1, 2015, a provider shall make available to each child in the provider's care the following:

- (1) Appropriately timed, nutritious meals and snacks in a quantity sufficient to meet the needs of the child.
- (2) Drinking water at all times.

Children from low income families are at a high risk of not having enough to eat. Good nutrition is essential for a child's growth, development and learning. The intent of this law is to ensure that children's nutritional needs are met while they are in the care of a child care provider. Families who want to pack sack lunches for their children may still do so. However, you must be able to meet the nutritional needs of children if their parents cannot or do not provide a sack lunch.

Attached you will find **Menu Pattern**, **Food Serving Sizes** and **Sample Menu Planner** documents that will help you as you plan the meals and snacks you will be serving in your child care program. The meals and snacks that you must serve depend upon your hours of operation. The attached documents outline the meals and snacks to be serve throughout the day. You will find information on the different food groups, recommended serving sizes, vitamin sources, and helpful tips for creating menus.

The Indiana Department of Education administers the Child and Adult Care Food Program (CACFP). Through this program you can receive reimbursement for the cost of the meals and snacks that you serve. Information on the CACFP is including in this mailing. For more information on how to join this program visit <http://www.doe.in.gov/nutrition/child-and-adult-care-food-program> or call 317-232-6610.

Additional nutrition resources can be found at:

United States Department of Agriculture - visit www.choosemyplate.gov

Indiana Department of Education - visit <http://www.doe.in.gov/nutrition/farm-preschool>

Local Child Care Resource and Referral agencies - visit <http://www.iaccrr.org/default.cfm?page=child-care-providers>. Free and low cost training is available from your local CCR&R agency and online through IACCRR Training Central.

Purdue Extension – visit <https://extension.purdue.edu/Pages/default.aspx> or check with your county's Purdue Co-op Extension for additional resources and trainings on nutrition.

In March OECOSL will be sending out additional information on another change to the law: Group Size and Ratios.